

# Minuteman Senior Services November 2016 - DRAFT Senior Dining Menu

Donation: \$2.00

Menu subject to change without notice.

All Soups served with crackers.

All meals include margarine and milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>To CANCEL or ORDER, Call your local meal site by 11AM the DAY BEFORE</b>	For weather emergencies and cancellations, please check Fox 25 TV station.	Acton 978-263-5053 Arlington Sr. Ctr. 781-316-3423 Arlington Heights 781-221-7081	Burlington 781-221-7094 Littleton 978-540-2474 Maynard 339-234-3726	Stow 781-825-5194 Woburn 781-221-7084
	1 Three C Soup Grilled Chicken Apricot Sauce Cous Cous w/Red Pepper Wheat Bread Pears	2 Tossed Salad Beef Stew Dinner Roll Spice cake	3 Corn Chowder Chicken Drumstick BBQ Sauce Mashed Potatoes Wheat Bread Peaches	4 Baked Cheese Lasagna Meat sauce Italian Blend Vegetables Multigrain Bread Fresh Apple
<b>Calories: Sodium:</b>	<b>Calories: Sodium:</b>	<b>Calories: Sodium:</b>	<b>Calories: Sodium:</b>	<b>Calories: Sodium:</b>
7 Beef and Lentil Chili Brown Rice Carrots Rye Bread Fresh Orange	8 Minestrone Soup Roast Pork Rosemary Gravy Red Potatoes Italian Bread Applesauce	9 Chicken & Rice Casserole Spinach Multigrain Bread Sugar Cookie	10 Tossed Salad Rainbow Trout Lemon Vinaigrette Rice Pilaf Wheat Bread Mandarin Oranges	11 VETRANS DAY HOLIDAY No Meals Served
<b>Calories: Sodium:</b>	<b>Calories: Sodium:</b>	<b>Calories: Sodium:</b>	<b>Calories: Sodium:</b>	<b>Calories: Sodium:</b>
14 Portuguese Kale Soup Sliced Beef (wrap) Peppers and Onions Flour Tortilla Peaches	15 Tossed Salad Chicken & White Bean Chili Brown Rice Wheat Bread Fruited Jello	16 <b>SPECIAL</b> <b>** High Sodium**</b> Roast Turkey w/Herb Gravy* Cranberry Sauce Stuffing Mashed Potatoes Green Beans Dinner Roll Pumpkin Pie	17 Grilled Chicken Lemon Picatta Sauce Cavatappi pasta Brussels sprouts Multigrain Bread Chocolate Brownie	18 Broccoli Bake Home Fries Stewed Tomatoes Italian Bread Fresh Apple
<b>Calories: Sodium:</b>	<b>Calories: Sodium:</b>	<b>Calories: Sodium:</b>	<b>Calories: Sodium:</b>	<b>Calories: Sodium:</b>
21 Potato Pollock Tarter Sauce Winter Squash Broccoli Rye Bread Mixed Fruit	22 <b>**High Sodium**</b> Cheesy Cauliflower Soup Hot Dog Tater Tots Hot Dog Bun Lemon Cake	23 Tossed Salad Grilled Chicken Honey Mustard Sauce Cous Cous Wheat Bread Fruit Snack loaf	24 THANKSGIVING DAY No Meals Served	25 No Meals Served
<b>Calories: Sodium:</b>	<b>Calories: Sodium:</b>	<b>Calories: Sodium:</b>	<b>Calories: Sodium:</b>	<b>Calories: Sodium:</b>
28 Mulligawny Soup Beef Bolognaise Ziti Italian Bread Pineapple	29 Tossed Salad Grilled Chicken Pesto Sauce Mashed Potatoes Dinner Roll Blueberry Snack n Loaf	30 Autumn Harvest Soup Turkey Tetrazzini* Bowtie Pasta Multigrain Bread Applesauce	<b>For questions about the nutritional information in this menu or your nutritional needs, contact:</b> <b>Denise Mercury RD, LDN</b> 781.221.7018 or 1.888.222.6171 x7018 <a href="mailto:d.mercury@minutemansenior.org">d.mercury@minutemansenior.org</a>	

**This program is made possible in part by funding from Executive Office of Elder Affairs. The Sodium values are listed beside each menu item. The total calories include the calories from milk, soup and crackers. Each carton of milk provides 110 calories and 125mg sodium. The nutrition information here is meant to guide you with your daily choices. It is by no means exact and recipes are continually being reviewed.**

***Entrees that contain more than 500mg sodium are designated by an \*.***